

Your ThriveOn Incentive Overview

2021 Wellness Program

What's New? Wellness Your Way!

Wellness Your Way (formerly 4 for \$300) is a new incentive program that allows you to choose your own path for living healthy and achieving personal goals, while earning incentives along the way.

Why Wellness Your Way?

This new incentive design allows you to choose how you participate in wellness and which incentive(s) you earn. You can choose to earn one incentive, a few of them or all of them. The redesign also allows for employees and spouses to engage in wellness year-round!

Note: Wellness Your Way has replaced the 4 for \$300 program.

Who is eligible?

Benefits-eligible employees and benefits-enrolled spouses/domestic partners can earn incentives by completing the activities outlined on the next page.

Getting Started

All programs and incentives are tracked online. Therefore, to earn any incentives, you must be registered at fccThriveOn.com. Get started today by signing in or creating an account.

Note: Spouses/domestic partners must have their own account to earn incentives.

- + **Returning users:** Sign in with your username and password.
- + **New users:** Click “Create Account”.
 - Enter your last name (up to 7 letters) followed by your birthday (in MMDDYYYY format). *Example:* If your last name is Anderson and your date of birth is May 21, 1980, you would enter Anderso05211980.
- + Download the Wellness at Your Side mobile app or use your computer to complete your wellness activities and track your progress.



Download the **Wellness at Your Side** mobile app from App Store or Google Play. Connection code: **ohwellness**



DON'T DELAY — START TODAY!

Plan ahead so you have enough time to complete the incentives by the deadlines. Log onto the web portal at fccThriveOn.com today – you can schedule a biometric screening or download biometric forms, participate in well-being activities, track your incentives and more!

You must be registered and track all activities at fccThriveOn.com to earn any of the incentives!

Wellness Your Way

COMPLETE ONE INCENTIVE OR ALL INCENTIVES – YOU CHOOSE WHAT YOU EARN!

You must be registered and track all activities at fccThriveOn.com to earn incentives.

COMPLETE AN ONLINE HEALTH ASSESSMENT AND PREVENTIVE EXAM

Earn: \$300 deductible reduction in 2022 | Deadline: August 31, 2021

1. Complete your Online Health Assessment.

- + Visit fccThriveOn.com.
 - **Returning users:** Sign in with your username and password.
 - **New users:** Click “Create Account” and follow the prompts.
- + Once logged in, click “Health Assessment” to begin.

AND

2. Complete an in-person or telehealth annual preventive exam with your primary care provider.

- + Exams from September 1, 2020 through August 31, 2021 are accepted.
- + No forms needed to earn credit for your preventive exam.

Note: there could be a several month lag between your visit and completion shown on the portal.

EMPLOYEE AND ENROLLED SPOUSE/DOMESTIC PARTNER MUST COMPLETE BOTH ACTIVITIES TO EARN THE DEDUCTIBLE REDUCTION.

COMPLETE A BIOMETRIC SCREENING (THREE OPTIONS)

Earn: \$200 | Deadline: December 31, 2021

- + **AT WORK:** Biometric Screenings are offered at various work locations. Onsite events may be limited and will only be conducted when and where they can be done safely. Visit fccThriveOn.com to see availability and to schedule an appointment.
- + **AT YOUR PHYSICIAN'S OFFICE:** Download the Biometric Screening form from fccThriveOn.com, take it with you to your appointment and submit the completed form by the deadline.
- + **AT A WORKHEALTH LOCATION:** Download the Biometric Screening form from fccThriveOn.com and schedule an appointment at any OhioHealth WorkHealth location. Visit OhioHealth.com/WorkHealth to find a location near you.

COMPLETE UP TO 4 WELL-BEING ACTIVITIES

Earn: Up to \$200 (\$50 per activity) | Deadline: December 31, 2021

Learn more about each activity at fccThriveOn.com.

- | | |
|----------------------------------------------------------------|---------------------------------------------------------------|
| + Meet 3/5 Healthy Biometric Targets. | + Complete a Healthy Lifestyle program (virtual).* |
| + Complete the Beyond Your Wellness Vision Workshop (virtual). | + Complete Urban Zen 2.0 (virtual). |
| + Get a mammogram, pap smear and/or colonoscopy. | + Complete a Quarterly Challenge (virtual).* |
| + Complete 2 Financial Wellness courses (virtual).* | + Complete 2 visits with Nurse Vickie (telephonic).* |
| + Complete 2 Health Coaching sessions (virtual).* | + Complete a Daily Habits program (virtual).* |
| + Complete 2 Culinary Coaching sessions (telephonic).* | + Get a flu vaccine through ThriveOn or the health plan. |
| + Complete a meQuilibrium resiliency skill bundle (virtual). | + Participate in the Franklin County 5k & ThriveOn Challenge. |
| | + NEW! Get your COVID-19 vaccine. |

*Complete these activities up to two times each for a total of \$100.

EARN GYM MEMBERSHIP REIMBURSEMENT

Earn: Up to \$75 per quarter (\$25 per month) | Deadline: Varies by quarter

Visit a gym or utilize your at-home/virtual membership on at least 8 different days each month and receive up to \$25/month toward the cost of your membership. Documentation of attendance and payment required. One reimbursement per household (except households with two employees). **Visit gymreimbursement.franklincountyohio.gov to learn more.**